

Classroom Connections

Vitamin C in Fruits and Vegetables (3rd - Up)

Before teaching, please review the background information

Key Concepts

Nutrition Concepts

- Benefits of eating fruits and vegetables

Math Concepts

- Percentage

Standards

- Reading: Speaking & Listening: 1

Materials

- 100 Squares Worksheet (included)
- Vitamin C Percentage Chart (included)

Time

20 minutes

Lesson Overview

1. Briefly explain the reasons and benefits of eating a variety of fruits and vegetables every day.
2. Discuss the amount of vitamin C in some foods and their %DV
3. Handout worksheet to students.
4. Review

Key Objectives

1. Identify the benefits of eating a variety of fruits and vegetables.
2. Determine the amount of vitamin C in certain foods and visualize the %DV of vitamin C.

Preactivity Discussion

Start the lesson with the following conversation:

We need to eat a variety of fruits and vegetables every day. They should be part of our meals and also as snacks to make sure we get all the important vitamins and minerals that our bodies need to stay strong and healthy.

As you know, fruits and vegetables come in all different shape and colors. Did you know that each color is important for our bodies? Every color performs a special job inside our bodies to keep us growing strong and healthy. That is why it is so important to eat a variety of fruits and vegetables to make sure our bodies get all the nutrients we need.

For example, some fruits and vegetables give us more Vitamin C than other ones. Vitamin C helps to protect our bodies and keep our immune system strong. Some have more folate, which is an important nutrient to keep our blood healthy. Other fruits and vegetables, like tomatoes, have a lot of potassium, a mineral needed to have a strong heart. Carrots have a lot of Vitamin A that helps keep eyes and skin healthy. Most fruits and vegetables provide fiber that keeps your digestive system healthy and keeps us full.

Let's talk a little more about Vitamin C. Vitamin C also acts as an antioxidant which protects the cells in our bodies and helps prevent diseases. We will look at some fruits and vegetables and see how much Vitamin C they give us and see how much they fulfill of our Daily Value (%DV)* of this vitamin.

* Please refer back to Fast Food Classroom Connection Vitamins (4th and up) for more information on %DV.

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Activity

- Students will demonstrate their knowledge of percentages by using the information in the chart of the amount of Vitamin C in certain foods. They will color the number of squares that coordinate with the percent of vitamin C on the activity sheet. Students will be able to determine which of those foods is the best source of Vitamin C.
- Distribute the 100 Squares worksheet handout and the Vitamin C Percentage Chart. Let the students work on the activity on their own and then go over the answers as a group.

Review

- Fruits and vegetables are “everyday foods”.
- It is important to eat a variety of fruits and vegetables of all different colors to get all the nutrients our bodies need.

Adaptations

- Translate key words: vitamins, fiber, mineral, %DV.

Assessment:

List three benefits from eating a variety of fruits and vegetables.

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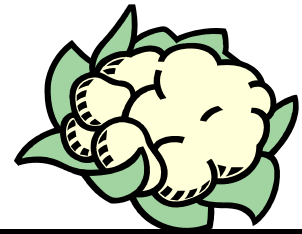
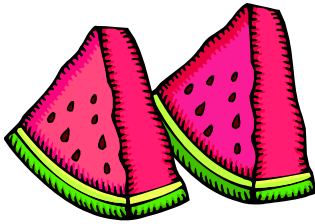
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Vitamin C Percentage Chart

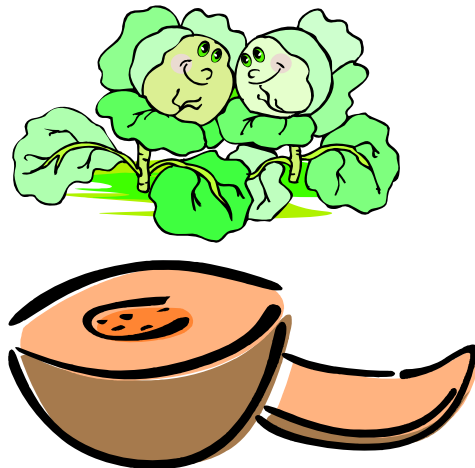
Name: _____

Date: _____

This chart shows different foods that give you up to 100% of the daily recommended Vitamin C:



Food	%RDV
Cantaloupe (1cup diced)	80% Vitamin C
Potato (1 medium)	45% Vitamin C
Watermelon (1 cup diced)	25% Vitamin C
Cauliflower (1 cup chopped)	100% Vitamin C
Green Cabbage (1 cup chopped)	70% Vitamin C



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100 Squares Worksheet

Name: _____

Date: _____

Instructions: For each of the following "100 squares" use your chart to color in the correct number of squares to show the percent Vitamin C each food contains. Remember 1 square equals 1%.

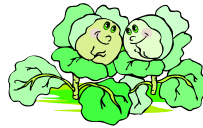
Cantaloupe



Potato



Green Cabbage



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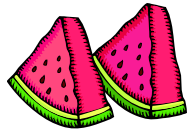
100 Squares Worksheet

Name: _____

Date: _____

Instructions: For each of the following “100 squares” use your chart to color in the correct number of squares to show the percent Vitamin C each food contains. Remember 1 square equals 1%.

Watermelon



Cauliflower